

CERTIFICATE OF PARTICIPATION

This is to certify that

Lizel Van Dyk

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 04:16:35

Mat-To-Mat Time 04:16:35

PACE 06:06/km

GENDER 98 of 426

OVERALL 303 of 983

40+ 34 of 159



22 November 2025, Sat

Date

Signature

